

LONDON metro

Wednesday's Jackpot
\$10,000,000
estimated

THE NEW
LOTTO 649

PLUS A
GUARANTEED \$1 MILLION PRIZE DRAW

NEWS
WORTH
SHARING.



OPERATION SMOOTH TRANSITION

NBC EXECS MUST BE
BITING THEIR NAILS
AS JIMMY FALLON
PREPARES TO TAKE
OVER THE TONIGHT
SHOW

PAGE 8

London cop charged with dangerous driving

Const. Leah Laari facing
charge after injuring 2
pedestrians in crash

PAGE 2

A nap the only reason you get outta bed in the morning?

Then turn off Seinfeld
before bed and take these
sleep tips

PAGE 11

Like father, like son? Not really

London Knight Max Domi
picks his first fight 203 games
into his OHL career, while
father Tie picked 336 fights
in his NHL career

PAGE 17



Every bubble shown here represents a tonne of greenhouse gases piled up in downtown London. Getting to this level takes one month, according to the city's The Trouble With Bubbles video. COURTESY CITY OF LONDON

'Horror movie' with a green message

Greenhouse gases.
Londoners asked to join
effort to cut emissions



**MIKE
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There's a new horror movie in London, but it's more green than gory.

The City of London is using scare tactics — albeit

gentle ones — to highlight the amount of greenhouse gas emissions citizens produce.

Head to the "environment" pages at london.ca, or look at the CityofLondonOntario channel on YouTube and you'll see The Trouble With Bubbles, a video that's part of the city's attempts to persuade people to use less energy.

It's a "horror movie," said Adam Caplan, founder and producer of London company Webisodes, which

made the film.

"If people are really going to connect to the message the city is trying to put through ... they had to see it in an environment that they would immediately recognize," he said.

That message is we need to cut our greenhouse gas emissions. That recognizable environment is London's streets, and the video puts giant, colourful bubbles of gas right where we live and work.

During the video, which

tracks the build up of emissions over a year, bubbles fill the entire downtown core, piling up as tall as One London Place and other notable buildings.

It's a striking image that's designed to draw attention to a special effort, happening now, to gain public comment on the city's environmental plans.

"What we're really encouraging Londoners to do right now is to get involved in our Community Energy Action

Plan," said city environmental chief Jay Stanford. "The number one way they can do that is to share their energy conservation story at our website."

"We want to hear from Londoners what they're doing now and what they're preparing to do in the future to reduce energy use."

"Not only is that good for the environment but it also helps to contain their costs. Energy costs aren't going down. They're going up."

And there's a lot more to it than that.

Environmental issues are, of course, huge and complex, and that's why Stanford and his colleagues want Londoners to weigh in. There's plenty of information and guidance notes at london.ca.

The action plan follows the massive public engagement exercise Rethink Energy London, and is designed as a fluid, real-time document that will change as time goes on.

Tonnes

2.9 million

London's greenhouse gas emissions for 2012. One tonne is produced every 10 seconds, from sources including transportation, businesses and homes.

Since 1990 ...

25 per cent

Cut in London's greenhouse gas emissions since 1990, as homes become more energy efficient, gas prices rise and the energy grid uses greener energy.

Cost of energy

\$1.16 billion

Amount spent in London on energy for homes, cars and other uses in 2012.

Gethsemane Gardens

Church site now rental housing

New rental housing for low-income families and people with disabilities of officially opened Monday.

The 25 new homes are at Gethsemane Gardens, the former site of Gethsemane United Church in northeast London.

London North Centre MP Susan Truppe opened the Huron Street building, which was created using \$1.5 million from the federal and provincial governments and nearly \$1.4 million from the city.

"Gethsemane Gardens will ensure that persons with disabilities and families living on low-incomes in London have better access to affordable housing while also supporting the local economy and creating jobs," said Truppe. **METRO**

New cases declining

Two more deaths from flu last week

The Middlesex-London Health Unit is reporting additional deaths as a result of the flu.

Two people died between Jan. 13 and Jan. 19, the health unit said Monday. During the same period, eight people were hospitalized as 27 new cases of the H1N1 flu strain were reported.

To date, H1N1 has killed four people in the London area since the flu season started. The 27 new cases reported last week brings the season's total to 143. All but one of those cases was H1N1.

"The number of new cases reported last week is lower than the 38 cases reported ... between Jan. 6 and (Jan. 12)," the health unit said.

While flu activity continues to be "elevated," the number of new cases being reported has been on a steady decline since late December, the health unit says.

To date, 62 per cent of local flu cases have hit adults between 20 and 64 years old. Most people who caught the flu didn't get a flu shot, the health unit says.

The unit's walk-in vaccination clinic remains open from 10 a.m. to 4 p.m. on Monday and Friday. It's open from 10 a.m. to 7 p.m. on Wednesday.

METRO



A London police officer involved in this October crash at Oxford and Adelaide streets is facing criminal charges and has been taken off patrol. **METRO FILE**

Cop charged after crash and injuries

SIU findings. Cruiser hit car in intersection, knocking it into two pedestrians in October



SCOTT TAYLOR
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A London police officer faces a criminal charge of dangerous driving after an Oct. 6 crash at Oxford and Adelaide streets.

The crash involving London Police Const. Leah Laari

injured two pedestrians and the driver of another car.

The Special Investigations Unit, an arm's-length agency called in to investigate when police officers are involved in serious injuries, deaths or allegations of sexual assault, made its findings public Monday.

Laari was driving south on Adelaide Street at about 11 a.m., en route to an emergency call, when she approached a red light at the Oxford intersection.

A police officer that arrived at the scene soon after said he believed Laari slowed

Injuries

One victim was treated and released from hospital, while a 23-year-old woman sustained more serious but non-life-threatening injuries, police have said.

but did not come to a full stop.

As she was passing through the intersection, her cruiser, which had its lights and sirens activated, collided with a Toyota Celica. The pedestrians were injured when

the Celica ricocheted off the cruiser and into them before coming to a stop against the Art Bank Gallery.

Laari will appear before the Ontario Court of Justice in London on Feb. 27.

Police spokesman Ken Steeves said she's been taken off her regular patrol until then.

"She has been a member of the service since 2008, and she will be assigned to administrative duties at headquarters," he said.

"We can't comment further as it is before the courts and an SIU matter."

Coke, cars, cops. Charges laid over \$24K in cocaine

A 2010 Mercedes Benz C-300 had a date with a tow truck after members of the London police emergency response unit pulled the driver over on Cheapside Street near Highbury Avenue.

Police seized the Mercedes, valued at about \$25,000, and \$24,200 worth of cocaine Fri-

day after a continuing investigation by the guns-and-drugs unit, which includes members of the RCMP.

Kaleeb Jackson, 31, was arrested at the scene and charged with possession for trafficking over the 242 grams of cocaine the police found. **SCOTT TAYLOR/METRO**

Looking for job. Londoner sent nasty offer, say police

A 28-year-old London man has been charged with cyber crime after a 17-year-old girl posted an online ad saying she was looking for a job.

The teen told police she received what are being called inappropriate emails of a sexual nature after someone responded to the ad. The po-

lice investigation resulted in a search warrant being executed at a Marigold Street residence.

Michael McIndoo is charged with telecommunication with a person younger than 18 years old for criminal offences.

SCOTT TAYLOR/METRO

'We have very good numbers,' police chief says

Brad Duncan. Police chief defending requested 3.3 per cent budget increase with facts



SCOTT TAYLOR

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They say the numbers don't lie, so it must be difficult for London police Chief Brad Duncan to see some members of city council doubt them.

While there's a long way to go before the city's budget is signed and sealed, this much is true in the presentation Duncan offered to councillors earlier this month: The Ontario Municipal Benchmarking Initiative tracks departments' operating cost per staff member, and, based on the most recent data available, London police rated the second lowest in the province.

In comparison to the 17 largest police services in Ontario, London police had a lower-than-average number of police officers per

population at 158. The average is 160.

They also had the second-lowest per capita costs of all Ontario municipalities with populations of more than 100,000.

"We're very good on many measures," Duncan said.

"If you look at stats like the cost per capita and others, we're well below the average."

"We have very good numbers."

The 3.3 per cent increase he's asking from the city this year is almost all eaten by personnel costs.

"It's really a systemic situation across the province," he said.

"We've seen increased working agreements that have been settled that have consistently been in the three per cent (increase in wages) range."

Duncan's take is that wage increases at or above three per cent have to stop. With contracts up for renewal next year, many police boards across the province will band together to negotiate a single contract, hoping there's strength in numbers.

Still, a rank-and-file cop's

At a glance

- Total expenditures as a percentage of the city's property tax levy were the fifth lowest of all comparable municipalities in Ontario in 2012.
- The total number of officers hired on at overtime rates to fill vacant neighbourhood patrols in 2013 was 47.5 compared with 237 for the same period in 2012.
- The total neighbourhood patrols left without a patrol officer in 2013 was 390 compared to 1,424 for the same period in 2012.

best friend at contract time is arbitration, where an increase around three per cent is routinely awarded.

Negotiating en masse, Duncan hopes, will bypass the "leap-frog effect" of one city's police force demanding the same increase as another one.

Follow Scott Taylor on Twitter @taylorinlondon



Police Chief Brad Duncan is arming himself with data that shows London police are among the most efficient in Ontario as he asks for more money from city hall. SCOTT TAYLOR/METRO

Ontario Tuition Grant for students expanded

Students looking for a little extra help paying off their tuition got some good news Monday.

Eligibility requirements for the Ontario Tuition Grant have changed for certain students.

The grant covers 30 per cent of an eligible student's tuition and doesn't have to be repaid.

Those enrolled in a five-year co-operative education program will now be eligible to receive assistance in their final year. Before, the grant was only available to those students for up to four years.

Adam Garcia, vice-president of administration

for the Ontario Undergraduate Students Union, said the change will "make post-secondary education more affordable as students near their transition to the labour force."

Co-operative education programs pair academic study with practical paid work experience.

London's Fanshawe College offers more than 30 co-op education programs for students, more than any other college in Canada, according to its website.

A handful of co-op programs are also available for certain degrees at Western University as well.

The Ontario Tuition Grant is offered to students who meet strict requirements, including those tied to their parents' annual income.

Enrolment at Ontario's publicly funded colleges is now the highest it has been, with a 125,000 students enrolled full-time in their first year, a five-per-cent increase over last year. In total, colleges have 220,000 full-time and 300,000 part-time students.

Meanwhile, applications to Ontario universities dipped slightly this year, down to 89,272 from 92,554 last year.

DAVID INGRAM/FOR METRO
FILES FROM TORSTAR NEWS SERVICE

Agricultural pests

Broccoli's battle against evil spider mites

A natural "pesticide" found in some plants may be the latest weapon in fighting world hunger.

An international research team led by scientists at Western University has found that naturally-occurring byproducts found in plants could be used to help pest control.

They're called indole glucosinolates and they're effective against spider mites, which are among the world's most aggressive agricultural pests.

The all-important byproducts are present in a small flowering plant called *Arabidopsis thaliana*, part of the Brassicaceae family. Stay

Quoted

"The discovery that indole glucosinolates are toxic to spider mites holds incredible potential for developing alternative pest control strategies against this pest that are environmentally safe and consumer-friendly."

Western scientist Vojislava Grbić

with us here.

That's the same plant family as cabbage and broccoli. See? That was going somewhere.

Western scientists Vojislava Grbić, Miodrag Grbić and Vladimir Zhurov have

shown, for the first time, how plant and spider mite genomes interact. Their research has been published in the journal *Plant Physiology*.

Spider mites feed on more than 1,000 different plants, including 150 of agricultural importance, such as maize, soy, strawberries, tomatoes, cucumbers and peppers.

They cause global damage that approaches \$1 billion annually. Insects and mites currently destroy 13 per cent of all potential crops.

"The discovery that indole glucosinolates are toxic to spider mites holds incredible potential for developing alternative pest control strategies against this pest that are environmentally safe and consumer-friendly, proving a great substitute for chemical pesticide-based pest control," explains Vojislava Grbić.

MIKE DONACHIE/METRO

Snow squalls expected to hinder driving. Arctic air back for chilly encore

Baby, it's cold outside. Again.

Fresh off record low temperatures two weeks ago, the London region is about to be plunged into the deep freeze of an Arctic air mass once more.

It won't be quite as frigid as the polar vortex, but it's expected the wind chill Tuesday will make it feel like -28 C with a low temperature of -21 C.

Add into that nasty blend the snow squalls predicted for Monday night and there's every indication this is going to be another difficult week of weather. Temperatures aren't expected to get back to seasonal values before Saturday.

Until then, expect lows of about -20 C or colder and some kind of snowfall almost every day.

According to Environment Canada late Mon-

Not the norm

Tuesday's temps

- High: -16 C
- Low: -21 C
- Low with wind chill: -28 C

Normal temps

- High: -3 C
- Low: -10 C

SOURCE: ENVIRONMENT CANADA

day afternoon, "Snowfall amounts could locally reach up to 15 centimetres by Tuesday morning. In addition, low visibilities in the heavier snow squalls will make for hazardous driving conditions."

Not counting what fell Monday, London has already seen more than 120 centimetres of snowfall this winter. **SCOTT TAYLOR/METRO**

Expressions of culture. Latin American art shines again in London

Sunfest's annual celebration of Latin American visual arts is back, and it opens to the public Tuesday.

Now in its eighth year, Colores de Latinoamérica showcases creative works by some of Canada's most talented visual artists who were born in, and bring a wealth of experience from, Latin American countries including Chile, Colombia, Cuba and Peru.

Sunfest artistic director Alfredo Caxaj calls this winter's edition of Colores one of the most expressive to date.

When and where

Colores de Latinoamérica is open Tuesday to Saturday, noon to 5 p.m., until Feb. 1. It's at the Arts Project (203 Dundas St.).

It features artists like Chilean émigré Ignacio "Nacho" Cartagena, as well as multi-talented new creators like Gilda Monreal who, although she was born and raised in Canada, has kept strong ties to her Chilean roots. **METRO**

Police service no more

Some background checks no longer being offered

It's soon going to be a little tougher to get criminal background checks for work or volunteering.

London police will stop offering that service as of Feb. 1. The exception is for those working or volunteering with a vulnerable person.

Those requiring a

criminal background check can obtain a certified copy directly from the RCMP by submitting their fingerprints to the agency through a private fingerprint company.

The closest RCMP-accredited private fingerprint company is the Commissionaires Great Lakes (1730 Dundas St.).

Further information on selecting the correct level of record check for employment or volunteers can be found at police.london.ca. **METRO**



Politicians ditched a proposal Monday that would have banned rail cars deemed unsafe from passing through the city. The rail yard near Queens Street is shown here. **METRO FILE**

Orser's proposal to ban 'unsafe' rail cars ditched

City hall. Councillors do have rail safety concerns, but they're different ones

Money matters

"I know we don't want to spend any more on lawyers than we have."

Coun. Joni Baechler, referring to the \$97,000 the city spent on lawyers to represent council members — including Orser — during the Ontario Ombudsman's secret meetings investigation.



MIKE DONACHIE
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A councillor's quest for better rail safety was halted Monday, but his colleagues are definitely aboard.

Coun. Stephen Orser thinks the city should stop "unsafe" rail cars running through London, and he took the request to the civic works committee.

He wanted Mayor Joe Fontana to write to the provincial and federal governments demanding new powers for municipalities so they could ban rail tank cars made before 2011.

Orser said the cars, classed DOT-111, don't meet industry safety standards.

Referring to rail disasters like the explosion in Lac-Mégantic, Que., which killed 47 people, Orser said he wanted more powers for cities like London.

But there was skepticism from Coun. Joni Baechler, who said London isn't in the business of regulating rail companies.

She pointed out the difficulties in municipalities stopping trains and demanding certain cars be removed, adding that cars are owned by private companies and the

city might open itself to legal liabilities.

But Baechler, and committee chair Coun. Harold Usher, did agree that rail safety should be addressed.

So a different motion was put forward by Baechler, saying that Fontana should write to Canadian and U.S. rail authorities "expressing concerns with the shipping of highly volatile compounds through municipalities."

It also said fracked oil includes "explosive compounds" and should be subject to proper rules for moving dangerous substances.

Orser, pointing out he



Coun. Stephen Orser **METRO FILE**

had no chance of getting his own proposal voted through the committee, supported Baechler's. The other two committee members, Couns. Nancy Branscombe and Paul Van Meerbergen, weren't at the meeting.

The issue must be passed by the full council next week before it's considered final.

Anger, applause for PM at Knesset

Israel. Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Is-



Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

rael and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a colleague.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist ex-

periment in history."

While criticism of Israeli government policy isn't anti-Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless

Quoted

"Just as we unequivocally support Israel's right of self-defence, so too Canada has long supported a just and secure future for the Palestinian people."

Prime Minister Stephen Harper

of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. **THE CANADIAN PRESS**

For many on Sochi's outskirts, the Olympic project is no game

A new \$635-million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5A Akatsy St. have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable. The new highway has cut them off from the city centre.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation to a modern economy.

While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental



Irina Kharchenko walks away from her house beside the screen separating her yard and a federal highway in the village of Vesolye, outside Sochi, Russia, on Nov. 27, 2013. As the Winter Games are getting closer, many Sochi residents are complaining that their living conditions are getting worse, and authorities are deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Looking back at those promises, many residents,

weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects.

THE ASSOCIATED PRESS

Support our athletes. Wear red and white, but leave the face paint to Ronald

Die-hard fans planning to cheer on Canadian athletes at the Sochi Olympic Winter Games next month may want to hold back on the face painting.

A recent poll conducted by Mondelez Canada shows that if they had to pick, Canadian Olympians said that face painting was their least favourite fan behaviour (20 per cent). Instead, 77 per cent said cheering and shouting, holding up signs of support (73 per cent) and dressing up in red and white (71 per cent) are the top ways to motivate them.

Three-time Olympic gold medalist Jennifer Botterill said while face painting had the lowest impact for her, seeing a sea of red and white always did the trick.

"In our rink, every single time that we played, everyone was in Canada gear wearing the red and white," she said. "And as an athlete you're focused, but at the same time you take in some of that energy and you notice how much the Canadians are supporting you."

But whatever fans do, Botterill said the athletes out there do notice and appreciate it all.

"It's great for them to show their support and their enthusiasm in their most authentic way, so however they want to support is really meaningful for the athletes," she said.

The survey also found that 72 per cent of athletes love receiving handwritten letters, while 62 per cent say they like to hear from fans on social media and 70 per cent said they prefer email letters of support.

In fact, Botterill said she made it a point to put up all the letters she received every time she competed at the Olympics.

"At my first Olympic Games, my roommate Becky Kellar and I put up all the letters that were sent to us in our rooms in the village," she said. "We put every single one up on our walls, so our walls were covered from the support from Canadians ... even the last Olympics, I continued to do that."

PHOEBE HO/METRO IN TORONTO

Market Minute



DOLLAR
91.32¢
(+0.21¢)

Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.



TSX
13,990.29
(+102.08)

Owes Montreal \$48M

Bixi bike service files for bankruptcy

Montreal's bike-sharing service, Bixi, has gone bust.

Bixi has filed for bankruptcy protection, but Montreal Mayor Denis Coderre says the service is still expected to operate this summer. **THE CANADIAN PRESS**

Regional routes

WestJet Encore to take off this June

WestJet Airlines unveiled Monday details for the eastern expansion of its regional WestJet Encore service this summer.

The Calgary-based airline said WestJet Encore will start June 27, with routes between

Toronto and Thunder Bay, Ont., and between Thunder Bay and Winnipeg.

The airline has been growing its regional service since last June from its base in Western Canada. WestJet did not say what additional routes will be added, but it expects that about half of its four to six per cent capacity growth in 2014 will come from Encore. **THE CANADIAN PRESS**

Cross-border shoppers

Target card breach may hit Canadians

Target says Canadians may have had their info taken as part of a security breach in the U.S. Shoppers who went to Target stores in the U.S. between Nov. 27 and Dec. 15 may have been impacted. **THE CANADIAN PRESS**

With this (insured) ring I thee wed

For better, for worse.

With the cost of tying the knot soaring, couples are committing to insurance for the big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about \$26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent \$500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's \$50,000 US destination wedding last October in New

Orleans, where her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travelers says issues with vendors account for about a quarter of the claims, with most related to issues with photographers or videographers.

THE ASSOCIATED PRESS

Cold-feet coverage

For parents concerned about a relationship souring before the exchange of vows, Fireman's Fund Insurance Co. offers change-of-heart insurance. It's been available since 2007, but the program administrator said the fraud

rate soared in the early years as policies were bought for couples who were known to be fighting. That coverage now applies only if the bride or groom calls off the wedding more than nine months beforehand.



Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms (from left: NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh) bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data — such as salaries, monthly card usage, credit rating and card numbers — linked to 80 million cards. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. **KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS**

Severe weather. Insurance industry hit by record \$3.2B in payouts in 2013

Ice, floods and thunderstorms made 2013 the worst year ever for insured losses in Canada.

The Insurance Bureau of Canada says the December ice storms in southern Ontario and eastern Canada caused more than \$200 million worth of insured losses, pushing the total

payouts to policy holders for the year to \$3.2 billion.

The largest disaster continues to be the torrential rains and floods that soaked southern Alberta in June, causing \$1.74 billion in insured damage.

THE CANADIAN PRESS

Charge rage. Silicon Valley goes from green to red over car-charging port shortage

An increasing number of electric-vehicle driving employees at Silicon Valley companies are finding it hard to access car-charging stations at work, creating incidents of "charge rage" among drivers.

Installation of electric vehicle charging ports at some

companies has not kept pace with soaring demand, creating thorny etiquette issues in the workplace, the San Jose Mercury News reported.

Cars are getting unplugged while charging, creating animosity between employees.

THE ASSOCIATED PRESS

Tomb of ancient Egyptian beer brewer unearthed



Archeologists recently found the tomb of an ancient beer brewer in the city of Luxor in Egypt. **SUPREME COUNCIL OF ANTIQUITIES/THE ASSOCIATED PRESS**

SHANE
RIQUELME
Metro World News

Anyone who saw The Mummy will know you should expect surprises while searching for ancient artifacts in Egypt, but Japanese researchers were still shocked during a dig around the necropolis of Luxor. The Waseda University team discovered the tomb of a royal beer brewer who was serving up frothy

treats 3,200 years ago, and leader Dr. Jiro Kondo was thrilled.

What have we learned about drinking culture in ancient Egypt?

The owner of the tomb is Khonso Em Heb, who was the chief of the workshop for Mut as well as the chief brewer of the temple of Mut. Probably he was an overseer and controlled daily foods and beer

supply to the goddess Mut at the Temple of Mut in Thebes. In ancient Egyptian society, beer was popular and cheap liquor for workers, but also a special sacred drink as the offering to the goddess.

What do we know about the brewer? Was his a very important role?

We did not have any records apart from his titles to say if he was very respected or not.

However, he would be a high-rank officer belonging to the temple of Mut.

How important is this discovery and what does it mean to crisis-torn Egypt?

It is very important in the field of Egyptology even if we cannot say it is the biggest this century. The find is very encouraging for Egyptian society, but also for Japanese society and tourism.

TICK-TOCK, DRINK COFFEE ON THE CLOCK

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal workspaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast



SHE SAYS
Jessica Napier
metronews.ca

food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a

profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Tiger friends – they're grrrreat



Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

No friend too big or small

178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

ROBERTUS PUDYANTO/GETTY IMAGES

Clickbait



LUKE SIMCOE
Metro Online



ISTOCKIMAGES

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

AdBlock Plus:

I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

Disconnect:

This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

HTTPS Everywhere:

Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.

Twitter



@ctmwn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@metropicks asked: At @ziferblatlondon visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead_ca: At the rate I consume coffee this would actually be a pretty sweet deal.

@theReal_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

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SCENE 2

DVD review



Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

Fallon owns the night

From Jay to Jimmy.

Late Night gears up to take the Tonight seat from Leno, but will his style stay the same?

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt,



Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are

Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight

Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Tumblr got a taste of Blue Ivy's White House visit over the weekend.
TUMBLR: IAM.BEYONCE.COM

Of pop stars, politicians, puppies and a pint-sized princess

MELINDA TAUB
Metro World News

The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy."

Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th

birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

Michael C. Hall won't slash the idea of recreating his killer role

Possible bad news for Oregon loggers: Michael C. Hall won't rule out a return to playing Dexter. But he'd want to see the finish line.

Hall, promoting his movie *Cold* in July at the Sundance Film Festival, said in an interview over the weekend that he agreed with Showtime executives who recently declared that any potential spin-off series would have to include Hall.

"Masuka! I would watch that," he joked, referring to the show's humorous forensics specialist Vince Masuka, played by C.S. Lee.

More seriously, Hall said of a possible spin-off series, "I can't even wrap my mind around that. And it's all just theoretical until there is some sort of script reflecting somebody's idea of where it could possibly go. But it's hard for me to imagine what that would be."

Hall, 42, also won't rule out a return to TV more generally.



Michael C. Hall GETTY IMAGES

"Yeah, as far as playing Dexter again for an undefined amount of time, that's a little daunting to consider. But doing another television series ... There's a lot of amazing stuff on TV. I don't want to do that right away. But I wouldn't say never to that."

THE ASSOCIATED PRESS



Jonathan Goldsmith MICHAEL HELMS/ HATHAWAY COMMUNICATIONS

He doesn't often show his soft side, but when he does, it's for the dogs

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veteri-

ary research for companion animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel but also has a dog catalogue. He says he lost a dog to cancer and is glad to support a good cause. THE ASSOCIATED PRESS

Barrymore isn't keen on her kin baring it all as an adult



Drew Barrymore GETTY IMAGES

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." METRO

ZAC EFRON MILES TELLER MICHAEL B. JORDAN

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5 steps for a healthier you

It's not as hard as you think. Sometimes it's as easy as getting out for a walk and drinking more water

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

Hydrate, hydrate, hydrate!
An easy first step in feeling



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole

grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced

meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

Review

Visualize your goals with a calorie tracker



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal
iPhone/iPad/Android
Free
Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.



Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.

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Best Health Minute

Divine dark chocolate



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the January-February issue of Best Health magazine, we cover the health benefits of dark chocolate, and tried a variety of types. It's a tough job, but someone has to do it. Here are the highlights:

It's a super food. Dark chocolate is rich in flavonoids, which are nutrients that, research shows, reduce insulin resistance, improve insulin sensitivity and stave off cravings.

It'll help you eat healthier. A University of Copenhagen study found that people who ate dark chocolate reported feeling less like eating sweet, salty or fatty foods compared with subjects given milk chocolate.

It boosts cardiovascular health. The flavonoids in dark chocolate have been shown to calm blood pressure, lower stroke risk and reduce the risk of heart attack.

What kind should you choose? Go for chocolate with 70 per cent cocoa or higher.

Try to find Ecuadorian chocolate if you can. At the 2013 International Chocolate Awards, handed out a few months ago in London, England, dark plain chocolate from Ecuador won six awards.

Here's a smoothie idea: blend together half a cup of milk or almond beverage with a banana, a tablespoon of pure cocoa powder and some cherries. It's deliciously decadent, but still good for you.

For many more recipe ideas, pick up the latest issue of Best Health, a Canadian magazine published by Reader's Digest Canada.

BEST HEALTH MAGAZINE IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Easy tips to help you get to sleep — and stay asleep

Pillow talk. It can take a little planning to really catch those perfect Z's

Dr. Robert Oexman, director of the Sleep to Live Institute, has these tips for making the most out of your shut-eye in 2014:

Make a commitment to sleep. If you have to wake up at 7 a.m. to get to work, start preparing for bed at 10:30 p.m. Darken the room, do not watch TV or work on the computer. Do something calming like taking a hot bath or shower. Get into bed at 11 p.m. and find yourself resting your way to health.

Take advantage of the cold weather and turn your thermostat down. Your room temperature should be around 19 degrees Celsius. If that temperature is too cold for you, use blankets to stay



Nobody wants to be this guy. iStock

warm. The cool room allows your core body temperature to decline, which is necessary to fall asleep and stay asleep.

Don't let the early dark-

ness rob you of sleep. If you find yourself falling asleep in the evening before it is time to go to bed, expose yourself to light and get up

and move around. If you nap before bed it will make it more difficult to fall asleep and stay asleep.

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Money 101. Two couples, one year to make them richer

Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save \$1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. — Lesley-Anne Scorgie/For Metro



ANDREY POPOV/SHUTTERSTOCK



LUXORPHOTO/SHUTTERSTOCK

Carolina and Jose



LESLEY-ANNE SCORGIE
For Metro

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately \$55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for re-

Assets		Liabilities	
RESP for their Eldest Child	\$1,500	Combined Student Loans	\$14,000
Car*	N/A	Line of Credit	\$7,500
		Car Loan	\$12,500
TOTAL ASSETS	\$1,500	TOTAL LIABILITIES	\$34,000

*Car isn't considered asset because they decrease in value whereas true assets grow in value.

Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

- 1 Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
- 2 Afford a trip to Ontario to visit family.
- 3 Chip away at their existing debts.

Jose and Carolina's current net worth is -\$32,500.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

tirement and some flexibility to travel.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts,

Anne-Marie and Peter

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to \$110,000, which is more than the median Canadian household income of around \$72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	\$73,000	Car Loan	\$4,500
Anne-Marie's RESP	\$300	MBNA Low Rate Credit Card #1	\$3,000
Peter's RESP	\$8,000	MBNA Low Rate Credit Card #2	\$8,000
Car*	N/A		
TOTAL ASSETS	\$81,500	TOTAL LIABILITIES	\$15,500

*Car isn't considered asset because they decrease in value whereas true assets grow in value.

Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

trust, which the couple says helps them stay on track and avoid financial arguments.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

- 1 Pay off as much debt before the baby comes.
- 2 Start saving for their child's education.
- 3 Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is \$66,000.

is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and

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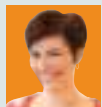
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Health Solutions

An apple a day... well, you know the rest

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

- Braised in apple juice as a simple dessert.

- Used in cooking,

particularly with pork.

- Cored and stuffed with oats, butter and cinnamon.

- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the mac holds its shape and lends its tart sweetness graciously.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Four steps and one pan away from McIntosh Chops

THERESA ALBERT
myfriendinfood.com

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

2. Slice apples and set aside on

Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste



This recipe serves two. COURTESY THERESA ALBERT

a plate with the onions.

3. Brown each chop over high heat and place with apples.

4. Pour wine into pan and stir in apple butter and thyme. Add chops back with apples and

onions, and cover. Turn down to medium and simmer 15 minutes until cooked through. Serve with mashed sweet potatoes. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT**

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EMBRACE THE SEASON WITH WINTER WELLNESS

Winter's short days can make us feel lethargic and a little depressed; the long hours spent indoors hibernating on the couch can have a major impact on our overall well-being.

To avoid the effects of old man winter, fight your hibernating instincts by embracing the season, while taking the necessary precautions to be healthy. To help you get there, the Canadian Health Food Association (CHFA) has these tips for natural winter wellness.

DOSE UP ON VITAMINS AND MINERALS

Iron, zinc and vitamin C are key to a healthy immune system that will ward off the cold and flu viruses. Foods rich in these nutrients include: Dark, leafy greens; red and yellow fruits and vegetables; lean red meats and pumpkin seeds. Taking a daily multivitamin is a great insurance policy to ensure you are getting your required daily intake of essential minerals and vitamins.

OPT FOR HEALTHY COMFORT FOOD

In winter, we crave simple carbs because they are rich in tryptophan, creating our



NEWS CANADA

feel-good hormones such as serotonin and dopamine to temporarily increase. These foods, which are typically refined and have little nutritional value, cause a quick increase in our blood sugar followed by a quick decrease causing us to crave more. To avoid this vicious cycle while satisfying your cravings, opt for more complex

carbs including oatmeal, legumes, soups and stews.

GO FOR GARLIC

The sulfur-containing compounds in garlic help increase the potency of two important cells of the immune system, T-lymphocytes and macrophages. These are

essential to help battle the flu and colds. Opt for odourless capsules if you want to avoid the strong taste of garlic.

USE COCONUT OIL

Winter-proof your skin with coconut oil by using it as a moisturizer. Simply rub a small amount of coconut oil wherever you have dry, flaky or itchy skin. It also works great as a natural lip balm, hair conditioner or make-up remover. Your skin will absorb the oil quickly, plus it smells wonderful.

SHAKE IT UP AND SLEEP IT OFF

When it comes to exercise, don't let winter be an excuse. Develop a well-rounded fitness routine that includes cardio and strength training. Also, give yourself plenty of rest time. Restful slumber helps fight depression and eliminates extra amounts of the stress hormone cortisol. Adequate amounts of exercise and sleep should be non-negotiable in maintaining a healthy lifestyle this winter.

For more about how you can be naturally healthy this winter, visit chfa.ca.

— News Canada

COLD AND FLU

METRO CUSTOM PUBLISHING

THE PROPER WAY TO SNEEZE

Imagine you are standing in a cramped elevator, when someone behind you sneezes. As a wave of hot air rushes out of their mouth and nose, you feel the germ droplets landing on the back of your neck, causing you to shiver with repulsion. You, my friend, have just been slimed.

Many people have had an experience like this, making them wish everyone had been taught how to keep their germs to themselves. Today's best medical advice is that sneezing into the crook of our elbow or directly into a tissue is best to prevent the spread of germs.

But there are many adults out there in public raised on the idea that sneezing into your hand is the way to corral your germs. The proper etiquette for this bodily function has changed over the past few decades from handkerchiefs to hands, with an emphasis on the "elbow shield" coming into vogue in the 1990s. This means that people who practise the pre-90s habit of using the hand cover are likely contributing to the spread of germs — germs that will not only make their family, friends and co-workers sick, but that might circle back around to bite them a second time.

So let it be known that the recommenda-



MARIDAV/SHUTTERSTOCK

tion for preventing the spread of cold and flu germs is to cough and sneeze into your arm, not your hand. It is also wise to get your flu shot, wash hands frequently, keep common surface areas clean and disinfected and, finally, stay home if you are sick.

Only you should experience your sneeze and adopting the most up-to-date sneeze etiquette will minimize your chance of getting sick, as well as those around you.

To track the cold and flu virus and its potential impact on your community, visit my-achoo.com.

— News Canada

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NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious

amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep

seasonal illnesses away.

1 Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

2 Wash your hands with soap and water thoroughly and often.

3 Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.

4 Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.

5 Stay home from work if you are feeling sick.

6 Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.

7 Eat well, exercise and get enough rest.

8 Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. — *News Canada*



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NFL

Welker accused of purposely injuring Pats cornerback

Patriots coach Bill Belichick says Broncos wide receiver Wes Welker deliberately tried to "take out" cornerback Aqib Talib when they collided in the AFC championship game.

Talib hurt his knee on the play early in the second quarter and missed the rest of the game. Denver beat New England 26-16 on Sunday to advance to the Super Bowl.

Welker, a former Patriot, says he was trying to get Talib to go behind him as the two headed for each other across the middle.

THE ASSOCIATED PRESS

NBA

Raptors wretched play in North Carolina continues

Al Jefferson had 22 points and 19 rebounds Monday, and the Bobcats held on to win 100-95 and beat the Toronto Raptors for the seventh straight time in Charlotte on Martin Luther King Jr. Day.

THE ASSOCIATED PRESS

NHL

Marchand drives Bruins past Kings

Brad Marchand continued his recent hot scoring stretch with a pair of goals Monday, lifting the Boston Bruins to a 3-2 win over the Los Angeles Kings. Marchand has scored six in his past four games.

THE ASSOCIATED PRESS



London Knights forward Max Domi sums up his first OHL fight pretty succinctly: "I just stepped in and the rest is history," he told Metro. METRO FILE

Max not Tie'd to fighting mentality

OHL Younger Domi's 1st fight took 203 games



DAVE LANGFORD
dave.langford@metronews.ca

London Knights assistant general manager Rob Simpson wasn't worried when Max Domi chose to engage in his first fight in the Ontario Hockey League.

"He did great," Simpson said after Domi dropped the gloves late in a 6-2 win over the Kitchener Rangers last Thursday. "When you come from his family, with arguably one of the

best fighters of all times, I think we all knew he'd be OK."

Yes, Max Domi, 18, is the son of former NHL tough guy Tie Domi.

But the younger Domi is making his name scoring goals rather than flashing his fists, earning himself a first-round selection from the Phoenix Coyotes in the NHL draft last June.

And while his father had 336 fights in his NHL career, it took Max 203 OHL regular-season and playoff games before recording his first fighting major.

Max Domi's coaches and teammates were all appreciative of the time he picked to

make an inaugural drop of the gloves, earning himself a minor, major and game misconduct in the process. Domi came to the defence of linemate Bo Horvat after he absorbed a questionable hit from Rangers defenceman Dylan DiPerna.

"He saw Bo take a hit along the wall there and as a good teammate, he wanted to step in and make sure that they knew late in the game you are not taking runs at guys," Simpson said.

Domi said his decision to fight DiPerna was an easy one.

"Obviously, when any of your teammates get hit like that, you are expected to step

up and everyone holds each other accountable," Domi said. "He got hit pretty hard, and I didn't like it too much. I just stepped in and the rest is history."

Simpson said the Knights aren't a team that advocates fighting.

"And it is something that's playing less and less of a role in the game nowadays, so we never expect any guy on our team to fight, ever," he said. "We just play within the rules and play hard. Sometimes, those types of things happen though."

And in Domi's case, for the first time.

Islanders turn rally caps around on Flyers



Former Knights star John Tavares congratulates Islanders teammate Kyle Okposo on his game-tying goal in the third period of Monday's shootout win over the Flyers at Nassau Coliseum in Uniondale, N.Y. BRUCE BENNETT/GETTY IMAGES

New York's latest loss to the Philadelphia Flyers was very fresh in the minds of the Islanders when it appeared they were headed for another one in the home-and-home rematch.

Out of nowhere, the Islanders stormed back from a two-goal deficit in a dominant third period and handed the Flyers the kind of loss they have been pinning on opponents all season.

Kyle Okposo scored the tying goal on a power play late in regulation and then netted the decisive tally in the shootout

for the Islanders, who rallied past Philadelphia 4-3 Monday to earn a rare win over the Flyers.

Philadelphia came back in the third period at home on Saturday to beat the Islanders 6-4. It was the Flyers' team-record-tying ninth win this season after they trailed at some point in the third period.

Okposo also assisted on captain John Tavares' power-play goal in the second.

"We came up with good plays when we needed them most," said Okposo, who has four goals and three assists in

seven games since his daughter was born. "We wanted to come back after the game at Philly, and we did."

Brock Nelson made it a one-goal game at 8:16, shortly after a power play, and Okposo tied it with 2:58 left on a lunging push with his stick after the puck struck his skate. The goal was confirmed by video replay.

Frans Nielsen and Tavares also scored in the four-round shootout against Ray Emery, who made 40 saves through overtime.

THE ASSOCIATED PRESS

4 SPORTS



Lightning coach Micheal Ray Richardson has a sideline chat with his team during Saturday's road game against the Halifax Rainmen. ANDREW RANKIN/METRO IN HALIFAX

Lightning not in 'panic mode'



DAVE LANGFORD
dave.langford@metronews.ca

The London Lightning have won the past two National Basketball League of Canada championships, and they are not used to losing games, particularly three in a row like their recent skid.

Metro asked Lightning general manager Taylor Brown for his thoughts after a rocky weekend.

Dave Langford: The season started slowly and then everything was going very well. Recently, you have hit some speed bumps.

Taylor Brown: I don't think we need to be in panic mode. Our record is still 18-9, and we've got great players. When you get into a slump, it takes a lot of hard work to get out of it. I just didn't think our guys came totally ready to play

yesterday (Sunday's 103-98 loss to the Saint John Mill Rats). They were kind of shocked by the result in Halifax (Saturday's 113-110 loss to the Rainmen), and I think we took that team lightly, but they are basically a brand new team ... we've got to quit looking at teams' records and just go out and play.

DL: Do you anticipate any changes between now and the end of the season?

TB: If you ever have an injury or you ever have something (like) that, you've got to make a change. But we're so late in the season now, we have to trust our guys and get back to the basics ... we didn't win 18 games for no reason.

DL: London has always had a good team. Has the general talent level of the other teams improved?

TB: The talent level has improved, but again we — I am

just watching the game film right now — made so many mental lapses that we can't have that, especially against better teams where in the past we might (have) been able to afford to have a few lapses and still come out on top.... Defensively, we have to communicate. There were a lot of missed assignments and players pointing fingers at each other instead of just getting back and playing tough defence.

DL: Is there something wrong with Garrett Williamson? He is not putting the points on the board in the past few games.

TB: He's played so well, and now they're focusing on him. So now we've got to do certain things to get him open, to get him better shots. He might have been a little bit run down, and that's why he didn't play as much in the second half yesterday.

Jon Montgomery

2010 skeleton champ falls short of Team Canada

Jon Montgomery won't defend his Olympic gold medal in men's skeleton at the Winter Olympics.

He fell just short of qualifying for the Canadian Olympic team at a World Cup in Austria last weekend.

Canada was assured of two entries in men's skeleton in Sochi.

Calgary's John Fairbairn and Eric Neilson of Kelowna, B.C., had already claimed those spots.

Montgomery was trying to both qualify a third sled for Canada and earn his spot on the Olympic team at the same time.

The slider from Russell, Man., finished seventh Saturday, but needed to be at least fourth, according to Canadian coach Duff Gibson. **THE ASSOCIATED PRESS**



Canada's Jon Montgomery
THE ASSOCIATED PRESS

Allingers. Russia aims to recreate Canada's success with help of sports couple

There will be Canadian fingerprints on the Russian team's performance at the Winter Olympics next month in Sochi.

The Russian Olympic Committee hired sport power couple Todd and Cathy Allinger of Vancouver after their significant contributions to Canada's medal haul at the 2010 Vancouver Games.

The Russians want 14 gold medals in Sochi, which would equal the Winter Games record set by the Canadian team in 2010. The host country is also aiming for a top-three finish in the overall medal count.

It seems like an ambitious goal after Russia won just three gold in 2010, the country's fewest at a Winter Games since the breakup of the Soviet Union. The Russians also ranked sixth in total medals with 15.

Like Canada prior to 2010, Russia doesn't want to be embarrassed by their performance at their own Games. The ROC recruited the Allingers in the fall of 2010 because they possess sport expertise few in the world have.

After scouting and reviewing Russia's athletes, teams and sport federations, the Allingers made recommen-

Winning record

- Cathy Priestner-Allinger was the first Canadian woman to win an Olympic speedskating medal in 1976.
- She and Todd co-authored the report — the template for Own The Podium — that revolutionized how Canada's athletes prepare to compete in Olympic Games.

dations and "they've probably implemented 90 per cent of them," Cathy says.

"We really think Russia is on track and ready to win the medals that they are wanting to," Cathy told The Canadian Press in a phone interview from Vancouver. "We're excited because Russia has developed more potential medal athletes in this four-year period than any other country has. Based on the way we evaluate and look at the numbers, they've done incredibly well with developing medal potential for 2014."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Boston	49	31	15	3	141	109	65		
Tampa Bay	50	29	16	5	146	123	63		
Montreal	49	27	17	5	126	120	59		
Toronto	50	25	20	5	141	152	55		
Detroit	48	21	17	10	121	130	52		
Ottawa	49	21	19	9	139	155	51		
Florida	48	18	23	7	111	147	43		
Buffalo	47	13	27	7	86	133	33		

METROPOLITAN DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Pittsburgh	48	34	12	2	156	115	70		
NY Rangers	51	27	21	3	128	128	57		
Philadelphia	50	25	19	6	137	144	56		
Columbus	48	24	20	4	138	135	52		
Washington	49	22	19	8	142	150	52		
New Jersey	50	20	19	11	115	123	51		
Carolina	48	20	19	9	117	137	49		
NY Islanders	51	20	24	7	142	166	47		

Monday's results

NY Islanders 4 Philadelphia 3 (SO)
Boston 3 Los Angeles 2
Florida at Pittsburgh
St. Louis at Detroit
Toronto at Phoenix
Dallas at Nashville
Calgary at San Jose

Sunday's results

Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1
Tuesday's games — All Times Eastern
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

Wednesday's games

Montreal at Pittsburgh, 7 p.m.
Chicago at Detroit, 8 p.m.
Phoenix at Calgary, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Chicago	51	32	11	184	139	75			
St. Louis	47	32	10	5	166	107	69		
Colorado	48	31	12	5	142	122	67		
Minnesota	51	27	19	5	125	125	59		
Dallas	48	21	19	8	136	148	50		
Nashville	50	21	22	7	121	151	49		
Winnipeg	50	22	23	5	141	150	49		

PACIFIC DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Anaheim	51	37	9	5	175	126	79		
San Jose	49	31	12	6	158	121	68		
Los Angeles	50	29	15	6	128	103	64		
Vancouver	50	25	16	9	127	127	59		
Phoenix	48	23	16	9	139	145	55		
Calgary	49	16	26	7	109	156	39		
Edmonton	51	15	30	6	131	181	36		

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	38	49
Pavelski, SJ	25	23	48
Kessel, Tor	23	25	48
Toews, Chi	17	31	47
Okposo, NYI	19	28	47
Malkin, Pgh	12	35	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results

AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	12	.707	4
Atlanta	21	19	.525	11 1/2
d-Toronto	20	20	.500	12 1/2
Washington	20	20	.500	12 1/2
Chicago	19	20	.487	13
Brooklyn	17	22	.436	15
Charlotte	18	25	.419	16
Detroit	17	24	.415	16
Cleveland	15	26	.366	18
New York	15	26	.366	18
Boston	14	28	.333	19 1/2
Philadelphia	13	28	.317	20
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	9	.775	1/2
Oklahoma City	31	10	.756	1
d-L.A. Clippers	29	14	.674	4
Houston	27	15	.643	5 1/2
Golden State	26	16	.619	6 1/2
Dallas	25	18	.581	8
Phoenix	23	17	.575	8 1/2
Denver	20	20	.500	11 1/2
Memphis	20	20	.500	11 1/2
Minnesota	19	21	.475	12 1/2
New Orleans	16	24	.400	15 1/2
L.A. Lakers	16	25	.390	16
Sacramento	14	25	.359	17
Utah	14	28	.333	18 1/2

d - division leader

Monday's results

Dallas 102 Cleveland 97
L.A. Clippers 112 Detroit 103
Charlotte 100 Toronto 95
Washington 107 Philadelphia 99
Brooklyn 103 New York 80
New Orleans 95 Memphis 92
Atlanta 121 Miami 114
L.A. Lakers at Chicago
Portland at Houston
Indiana at Golden State
Tuesday's games — All Times Eastern
Orlando at Brooklyn, 7:30 p.m.
Boston at Miami, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Minnesota at Utah, 9 p.m.

Horoscopes

Aries

March 21 - April 20

Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

Taurus

April 21 - May 21

This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

Gemini

May 22 - June 21

Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

Cancer

June 22 - July 23

Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

Leo

July 24 - Aug. 23

Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

Virgo

Aug. 24 - Sept. 23

Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

Libra

Sept. 24 - Oct. 23

Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

Scorpio

Oct. 24 - Nov. 22

Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

Sagittarius

Nov. 23 - Dec. 21

Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

Capricorn

Dec. 22 - Jan. 20

If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

Aquarius

Jan. 21 - Feb. 19

It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

Pisces

Feb. 20 - March 20

This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- University of Manitoba, Home of the ___
- Male swan
- House of ___ (Mid-east royal family)
- Jessica Simpson's sister
- NB community, locale of 5 CDSB Gagetown
- Elegant aircraft
- Blue in colour, it's the Yukon's official gemstone
- Forestry fluid
- Uncertainty
- Splashy surges
- Music producer, Don ___
- Oscar-winning actress, Melissa ___
- Ms. Sedgwick
- Ride the waves
- Get there
- Make happy
- Amy's Golden Globes co-host
- These: French
- ___ one's arms (Cease the stern-looking pose)
- Popcorn brand, ___ Redenbacher's
- US state, North ___
- Made, as cotton candy
- "___ you can!" (Buffet host's urging)
- Elated
- Caustics
- Prefix to 'aller-



- Do charades: 2 wds.
- Wild blue yonder's
- Dictionary abbr.
- Spanish Conquistador, Hernan ___ (b.1485 - d.1547)
- Calendar abbr.
- Mop & ___ (Floor cleaner)
- "Lorna ___" (1951)
- "Best ___ Had" by Drake
- Liq. amounts
- Jay Z's wife, to fans: 2 wds.
- Velvet
- Gwen Stefani's rocker hubby Gavin

- Scuba diving exploration site
- Antiquated
- Must-haves
- Prefix to 'tonin' (Sleepy stuff)
- Stephen of that satirical 'Report' show
- Handel musical work
- TLC member, T-___
- "___ ___ how are you 'n' stuff?"

- (English-as-it's-often spoken query)
- Tart-tasting
- Express
- ___ great job (Performs well)
- Mother goddess of Thebes
- 'Form' suffix
- Way out there
- Tater
- Forearm bone
- Concerning,

- curtly: 2 wds.
31. ___ -vroom!
33. Fair
34. Catch a glimpse
36. Vancouver Island: ___ Sound
37. Ms. Macpherson
38. Poivres partners
40. Canadian Forces Base ___, in Alberta
42. "___ be okay." (Don't worry)
45. Ballet legend, Rudolf ___ (b.1938 - d.1993)
47. "Bridget ___ Diary" (2001)
48. Ms. Ullmann
50. Main office [abbr.]
51. "How are things?": 2 wds.
52. Verse
54. Painter, El ___ (b.1541 - d.1614)
56. Conclusion
58. Leave a disaster area, for short
60. Honest
61. Positions
63. Woolly one's call
65. Env.'s stuff-y

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword

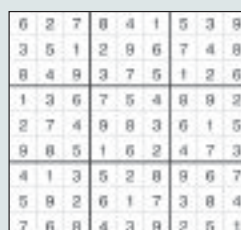


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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